

What is claimed is:

1. A heat-generative, steam generation facial sheet which is planar and adapted to intimately cover a part or the whole of a wearer's face and has a planar heat generator capable of generating steam upon contact with oxygen,

5 said facial sheet generating steam such that the skin surface temperature reaches 34°C or higher within 120 seconds from contact with air and maintains the skin surface temperature at 34°C or higher for at least 5 minutes.

2. The heat-generative, steam generation facial sheet according to claim 1, wherein said planar heat generator is a sheet prepared by a papermaking technique and
10 comprises a metal, activated carbon, a fibrous material, an electrolyte, and water, the activated carbon having an average particle size of 1 to 100 µm.

3. The heat-generative, steam generation facial sheet according to claim 2, wherein said planar heat generator contains 10 to 95% by weight of the metal, 0.5 to 60% by weight of the activated carbon, and 2 to 50% by weight of the fibrous material
15 based on the total of the metal, the activated carbon, and the fibrous material and has incorporated therein 5 to 400 parts by weight of an aqueous electrolyte solution containing 0.5 to 30% by weight of the electrolyte per 100 parts by weight of the total of the metal, the activated carbon, and the fibrous material.

4. The heat-generative, steam generation facial sheet according to claim 1, wherein said planar heat generator is hermetically sealed in a planar holder, said planar
20 holder having a moisture permeable film on one side thereof and a hardly moisture permeable film on the other side or having a moisture permeable film on both sides thereof.

5. The heat-generative, steam generation facial sheet according to claim 4, which
25 comprises a sheet body and the heat generator hermetically sealed in the holder, said holder being attached to the skin facing side of said sheet body with the moisture permeable film side thereof facing the skin.

6. The heat-generative, steam generation facial sheet according to claim 4, wherein said moisture permeable film has a moisture permeability of 500 to 15000 g/m²·24 hr.

5 7. The heat-generative, steam generation facial sheet according to claim 1, which comprises a fastening strap extending laterally from each side edge thereof, said fastening straps having attached to the respective free ends thereof an engaging member and a member engageable with the engaging member, respectively, or which comprises a fastening string extending laterally from each side edge thereof.

10 8. The heat-generative, steam generation facial sheet according to claim 1, which has a fixing flap extending laterally from each side edge thereof, said flap having an opening at the end of the flap to place a wearer's ear there through.

9. The heat-generative, steam generation facial sheet according to claim 1, which has applied to the skin facing side thereof a tacky gel for fixing that is sticky to the skin, or which is adapted to be put on a wearer's face having said tacky gel applied thereto.